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bulk or in cans. The homemade product costs even less. Since one quart of sauerkraut is sufficient to serve five persons, it is a very inexpensive vegetable.

Most persons think of sauerkraut as native to Germany. But the more probable origin was among the Slavic peoples of eastern Europe, who in turn introduced it into northern and central Europe. The Germans, however, seem to have been the first to develop efficient methods for its production and to study the processes involved in its fermentation. For sauerkraut is no more than shredded cabbage that has undergone lactic fermentation in the brine made from its own juice by the addition of salt.

Sauerkraut is wholesome and appetizing. It is valuable, primarily, as an additional leafy vegetable product for winter when the diet of most persons consists too largely of concentrated forms of food. Because of chemical changes which take place in the process of fermentation the flavor is decidedly different from raw cabbage. In fact, many persons find sauerkraut the more palatable of the two for this reason. Sauerkraut has little nutritive value as measured by calories but it supplies several of the essential minerals necessary for human nutrition.

Sauerkraut does not furnish as much of vitamins A, B, and C as raw cabbage. But it is a fair source of all three of these elements which are essential for resistance to bacterial infection and for maintenance of appetite and growth.

Sauerkraut suggests pig's knuckles, spare ribs, and frankfurters, but there are other uses for this appetizing food, the bureau points out. It may serve as a basis for a one dish meal such as is listed in to-day's





menu. Combined with cheese and left over mashed potatoes it makes a satisfying and low cost dish that is easily and quickly prepared. Savory sauerkraut is made by heating a quarter of a cupful of fat in a skillet and then adding a quart of sauerkraut and one-fourth of a teaspoon of celery or caraway seed. This is mixed well and covered while being cooked for five minutes.

Sauerkraut can be cooked in casserole with alternate layers of noodles and a top layer of ground pork sausage. It may also be fried or combined with bacon, ham, or any cured meat. When potatoes are to be combined with sauerkraut it is better to precook them separately because the acid of the kraut is likely to make the potatoes a trifle hard. In some sections of the South, sauerkraut is always served with turkey while in Europe it steps out of the modest role, so often associated with it here, to serve as the accompaniment for partridges, pheasant, goose liver patties, liver dumplings, fried liver and baked pike.

For those who may wish to utilize the surplus cabbage by making sauerkraut at home there are two department publications which are available for the asking. These are "Making Fermented Pickles," Farmers' Bulletin 1438-F; and "The Commercial Production of Sauerkraut," Circular 35-C. The first of these contains all the information essential for making sauerkraut at home while the second goes into greater detail necessary for putting the product on the market.

Almost any variety of cabbage may be used for making sauerkraut but the slow growing and solid-headed varieties are preferable. The cabbage should be fully matured before it is cut, otherwise the product will show defects in color and texture.





Stone jars make the best containers for the making of sauerkraut at home. After the cabbage is shredded, it is placed in the jars alternately with the salt in the proportion of one pound of salt to every 40 pounds of cabbage. The cabbage should be packed firmly in the jar, covered with a clean cloth and a board or plate on which is placed a weight heavy enough to cause the brine to come up to the cover.

The jar should be kept at a temperature of about 86° F. so that fermentation can take place, a process which requires about 10 days. The scum should be skimmed off as it forms, since it tends to destroy the acidity.

The bureau advises against the danger of exposing the sauerkraut after it is made for it is not impervious to contamination, although many persons think it is. If it can be stored in a cool place it may not be necessary to do more than keep the surface skimmed and protected from insects. Otherwise, the jars should be sealed by pouring a layer of hot paraffin over the surface. Another way of keeping the sauerkraut is to pack it in glass jars and add enough of the brine to completely fill the jars. Sauerkraut will keep in a good condition a year or more <sup>if</sup> before sealing it is heated in a water bath until the temperature of the center of the jar is about 160° F. and is then stored in a cool place.

\* \* \* \* \*



A FAMILY OF FIVE  
including  
two adults and three children should buy every week:

Bread . . . . .	.12 - 16 lbs.
Flour . . . . .	1 - 2 "
Cereal . . . . .	4 - 6 "
Whole fresh milk . . . . .	.23 - 28 qts.
or	
Canned evaporated milk . . . . .	.23 -28 tall cans
Potatoes . . . . .	.15 - 20 lbs.
Dried beans, peas, peanut butter . . . . .	1 - 2 "
Tomatoes, fresh or canned, or citrus fruits . . . . .	6 "
Other vegetables ( including some of green or yellow color) and inexpensive fruits . . . . .	.15 - 18 "
Fats, such as lard, salt pork, bacon, margarin, butter, etc. . . . .	2 1/2 "
Sugar and molasses . . . . .	3 "
Lean meat, fish, cheese, and eggs . . . . .	5 - 7 "
Eggs (for children). . . . .	8 eggs
* * * * *	

MENU  
Breakfast

- Fresh fruit
- Cooked cereal with milk
- Toast
- Coffee (adults)      Milk (children)

Dinner

- Baked Sauerkraut with Cheese
- Harvard Beets:      Green Tomato Pie
- or
- Gingerbread and applesauce
- Milk for all

Supper

- Cream of Vegetable Soup
- Cornbread
- Tea (adults)      Milk (children)

\* \* \* \* \*

RECIPES

Baked Sauerkraut with Cheese

- |                         |                           |
|-------------------------|---------------------------|
| 1 small onion, chopped  | 1-1/2 teaspoon salt       |
| 3 tablespoons bacon fat | 1/2 pound American cheese |
| 1 quart sauerkraut      | (flaked)                  |
|                         | 3 cups mashed potatoes    |

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Brown the onion in the bacon fat, add the drained sauerkraut and one-half of the salt, and cook until the sauerkraut is slightly browned.

Combine the cheese with the hot potato and beat well, adding the rest of the salt. Make a layer of the hot kraut in a greased baking dish, then a layer of the cheese and potato mixture. Continue until all ingredients are used and have a layer of the potato on top. Bake in a moderate oven until lightly browned, or about 30 minutes.

#### Cream of Vegetable Soup

2 tablespoons finely chopped rutabaga turnip	2 tablespoons melted butter
2 tablespoons finely chopped carrots	1 tablespoon flour
2 tablespoons finely chopped onion	1 quart milk
2 tablespoons finely chopped celery	1-1/2 teaspoons salt

Cook the finely chopped vegetables in the fat for 10 minutes, add the flour, and stir until all are well blended. In the meantime heat the milk in a double boiler, add a little of it to the vegetable mixture, stir well, combine with the rest of the milk, add the salt, and cook for 10 minutes. The flavor is improved if the soup is allowed to stand for a short time to blend before serving. Reheat and serve.

#### Savory Sauerkraut

1 quart sauerkraut  
1/4 teaspoon celery or caraway seed

1/4 cup butter

Heat the butter in a skillet until golden brown, and add the kraut and the seasoning. Mix well using a fork to separate the kraut. Cover and cook for five minutes. Serve hot.

#### Harvard Beets

6 medium sized beets	1/2 teaspoon salt
1/2 cup sugar	1/2 cup vinegar
1 tablespoon cornstarch	2 tablespoons butter

Wash the beets, cook them in boiling water until tender, remove the skins and cut the beets into thin slices or cubes. Mix the sugar, cornstarch, and salt, add the vinegar, let the sauce boil for 5 minutes, stirring constantly. Add the fat, pour the sauce over the beets, and let stand for a few minutes to absorb the sweet-sour flavor of the sauce.

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RELEASE FOR PUBLICATION  
OCTOBER 9, 1931 (FRIDAY)

the Bureau of Home Economics,  
U. S. Department of Agriculture, and  
the Woman's Division of the  
President's Emergency Committee for  
Employment

:		:
:		:
:		:
:		:
:	Every meal--Milk for children, bread for all	:
:	Every day---Cereal in porridge or pudding	:
:	Potatoes	:
:	Tomatoes (or oranges) for children	:
:	A green or yellow vegetable	:
:	A fruit or additional vegetable	:
:	Milk for all	:
:	Two to four times a week --	:
:	Tomatoes for all	:
:	Dried beans and peas or peanuts	:
:	Eggs (especially for children)	:
:	Lean meat, fish, or poultry, or cheese	:
:		:

\* \* \* \* \*

More than 35 different and inexpensive ways of serving corn meal have been collected and developed by the Bureau of Home Economics of the United States Department of Agriculture. In addition to these there is a smaller group of recipes for the various kinds of hominy, which is the name



for whole or ground corn after the bran and germ have been removed. Since cereals occupy so important a position in the low cost dietary this information is of most value to persons whose food budget is limited.

Any one food, which must be eaten frequently, is bound to become monotonous unless the manner of serving it is varied, the bureau's experts say. This is especially true of cereals which have so little flavor in themselves. But when they are combined with other more highly flavored foods, cereals can be used in many different ways. In fact they may serve as a breakfast dish or as a dessert as well as being the basis for many appetizing main dishes for the dinner or supper.

Corn might be termed America's own cereal for it is native to this hemisphere. Other English speaking countries use "corn" to designate all cereals in general and speak of "maize" when they mean the "corn" which the first settlers in this country learned, from their Indian neighbors, how to grow and prepare. Although wheat is more generally used for making bread, many delicious breads and cakes can be made from corn meal and hominy. And as for cost, corn preparations are among the more economical of the common foods. Two pounds for five cents is the average price per pound by bulk for both corn meal and hominy in most parts of the country. When packaged, the price is usually five cents or more per pound.

Hominy and corn meal can be served as a breakfast cereal that will satisfy even the most rigid devotee of the "stick to your ribs" school. The bureau suggests varying the usual methods of making corn meal mush by baking it sometimes, and on other occasions by cooking it with buttermilk or cheese. The Italians are especially fond of this latter method, calling their dish





"polenta." Polenta is often reheated with tomato sauce, a left-over meat gravy, or a savory sauce made from salt pork, bacon, or sausage, and served as the main dish for a meal. Fried corn meal mush is too well known to need comment.

Many breads can be made from corn meal that are as delicious as their names are enticing. Among this group of recipes are custard corn cake, crackling bread, spoon bread, sour-milk corn bread, Southern corn muffins, spider corn bread, corn pone, South Carolina yeast corn bread, muffins, and Boston brown bread. Fritters, pancakes, and waffles are especially appetizing when made from corn meal for its peculiar granular consistency makes them very tender.

One of the main ingredients of scrapple is corn meal, and a variation of this product can be made from mixing corn meal mush with pork or beef. Cod fish balls made with corn meal mush are as good as they are inexpensive. A little known use for corn meal is in a batter pudding to serve with roast pork much as Yorkshire pudding is served with roast beef. Because it is not so well known, this dish is offered in to-day's menu.

Most persons know and serve Indian pudding which makes a very tasty winter dessert. This pudding may be varied by the use of fresh or dried fruits without greatly increasing its cost. Doughnuts made from corn meal are quite different from the usual variety, and molasses cake, ginger bread, and fruit gems are some of the other desserts which will prove especially popular with the children of the family.

Hominy is less known in the North than it is south of the Mason and Dixon line. Its use, however, is not confined to mush, by any means. The



coarse hominy may take the place of a vegetable and be served either plain or browned in a little fat. Scalloped hominy and hominy turnovers are two other seldom used dishes, and cakes made from boiled hominy and cooked kidney beans can be served the same as a meat dish. Hominy date pudding and fruit scallop using stewed apricots are two desserts which belie their low cost origin and might well be included in the more liberal diets.

Another corn product, which is a favorite with children, is pop corn. It makes one of the most inexpensive and nutritious confections that can be safely given to children. If they can pop it themselves, all the better, for they get much of their delight from watching the tiny grains change into white fluffy kernels.

The recipes for corn meal and hominy mentioned in to-day's Market Basket, as well as some for fresh corn, are included in a publication, Corn and Its Uses as Food, Farmers' Bulletin 1236-F. Another, Farmers' Bulletin 553-F called "Pop Corn for the Home," is also available free of charge upon request to the Bureau of Home Economics or to the Office of Information of the U. S. Department of Agriculture, Washington, D. C.

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A FAMILY OF THREE  
including  
two adults and 1 child should buy every week:

Bread . . . . .	10 - 15 lbs.
Flour . . . . .	1 - 2 "
Cereal : . . . . .	3 - 4 "
Whole fresh milk . . . . .	9 - 14 qts.
or	
Canned evaporated milk . . . . .	9 - 14 tall cans
Potatoes . . . . .	8 - 10 lbs.
Dried beans, peas, peanut butter . . . . .	1 - 2 "
Tomatoes, fresh or canned, or citrus fruits . . . . .	4 "
Other vegetables (including some of green or yellow color) and inexpensive fruits . . . . .	12 - 14 "
Fats, such as lard, salt pork, bacon, margarin, butter, etc. ..	2 "
Sugar and molasses . . . . .	2 $\frac{1}{2}$ "
Lean meat, fish, cheese, eggs . . . . .	3 - 5 "
Eggs (for child) . . . . .	3

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### MENU FOR ONE DAY

#### Breakfast

Stewed Pears  
Cooked cereal with milk  
Coffee (adults)      Milk (child)  
Toast

#### Dinner

Roast Pork with Batter Pudding  
Spinach  
or  
Scrapple with Fried Apples  
Creamed Cabbage

#### Supper

Scalloped Corn  
Mashed Turnips  
Quick Coffee Cake

\* \* \* \* \*

### RECIPES

#### Roast Pork with Batter Pudding

A dish corresponding to the Yorkshire pudding which is frequently served with roast beef can be made out of corn meal to serve with roast pork.



[illegible]

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1/4 cup corn meal  
1 cup milk

1/2 teaspoon salt  
2 eggs

Place the milk, corn meal, and salt in the top of a double boiler and cook about 10 minutes, or until the meal has expanded to form a mixture. After the mixture has cooled, add the eggs, well beaten. Grease gem tins thoroughly, allowing to each about 1 teaspoon of fat from the roast pork. Bake in a moderate oven, basting occasionally with the drippings of the pork.

This serves 4 persons.

### Scrapple

10 pounds whole hog heads  
2-1/2 pounds hog livers and hearts  
A small quantity of beef, if desired  
6 pounds corn meal, yellow or mixed  
1/2 pound salt

1/2 pound buckwheat or rye flour  
3 ounces spices, including pepper,  
sage, marjoram, and thyme in  
any desired proportions

Clean the heads thoroughly, removing the eyes and ear tubes. Split the head lengthwise and remove the teeth and the soft bones in and near the nasal cavities. Place the heads and other meat in a large kettle with a liberal quantity of water and cook until the meat falls off the bones. Separate the meat and soft tissue from the bones and pass through a meat grinder. Strain the liquid in which the meat was cooked to remove the small pieces of bone, return to the kettle and heat to the boiling point. Then slowly add the meal and flour, stirring constantly. Boil and stir until the mass becomes thick. Add the salt, spices, and chopped meat, and boil 10 minutes longer. Pour while still hot into deep wet molds; bread pans will do. Pour 2 to 4 tablespoons of melted lard over the material in the pans.

The scrapple is ready for use as soon as it has cooled. To prepare it for the table it is usually cut into slices about one-half inch thick, dusted with flour, cracker dust, or dry corn meal, fried until the outside is crisp, and served hot. Fried apples are good with fried scrapple.

### Scalloped Corn

1 cup milk  
1 can, or 2 cups corn  
1 cup bread crumbs  
2 slices green pepper

1 teaspoon salt  
1/8 teaspoon pepper  
2 tablespoons butter

Place alternate layers of corn and bread crumbs in a greased baking dish, reserving some crumbs for the top, adding butter and seasoning to each layer. If desired, 1 tablespoon of sugar may be added. Pour on the milk and bake for one-half hour.

### Quick Coffee Cake

2 cups sifted flour  
3 teaspoons baking powder  
2 tablespoons sugar  
1/2 teaspoon salt  
4 tablespoons butter or other fat  
1/2 cup milk

1/2 cup raisins, chopped  
1 teaspoon cinnamon mixed  
with 2 tablespoons  
sugar

Sift together the flour, baking powder, sugar, and salt, saving out 2



tablespoons of flour to mix with the fruit. Cut in the fat with a biscuit cutter, and add the milk and floured fruit. In a greased pan, pat the dough down until it is about 1-1/2 or 2 inches thick, and bake for 35 to 40 minutes in a moderate oven (350° F.). When done, butter the top and sprinkle over it a mixture of cinnamon and sugar. Place the cake in the oven again and let it remain until the sugar begins to melt. Serve hot or cold.

#### Hominy Date Pudding

1 cup hominy grits	1/8 cup sugar
5 cups milk (skim or whole)	1 cup chopped seeded dates
1 teaspoon salt	1 teaspoon vanilla

Add the salt and hominy grits to the milk and cook in a double boiler one hour. Add sweetening, dates, and vanilla, and mix well. Partially cool before serving.

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INFORMATION FOR THE PRESS



U. S. DEPARTMENT OF AGRICULTURE  
OFFICE OF INFORMATION  
PRESS SERVICE



WASHINGTON, D. C.

RELEASED FOR PUBLICATION  
OCTOBER 16, 1931(FRIDAY)

BUREAU OF  
HOME ECONOMICS

THE MARKET BASKET

by  
the Bureau of Home Economics,  
U.S. Department of Agriculture, and  
the Woman's Division of the  
President's Emergency Committee for  
Employment

FAMILY FOOD GUIDE

:	:
: Every meal--Milk for children, bread for all.	:
: Every day---Cereal in porridge or pudding.	:
: Potatoes.	:
: Tomatoes (or oranges) for children.	:
: A green or yellow vegetable.	:
: A fruit or additional vegetable.	:
: Milk for all.	:
: Two to four times a week--	:
: Tomatoes for all.	:
: Dried beans and peas or peanuts.	:
: Eggs (especially for children).	:
: Lean meat, fish or poultry, or cheese.	:

\* \* \* \* \*

Don't stop with baked, boiled, or fried potatoes. Serve them in other ways, the Bureau of Home Economics suggests to the homemakers of the country. Potatoes probably are served more frequently than any other vegetable, so instead of being treated with little consideration, they deserve special attention, the bureau's experts in food preparation say.

"The potato has every good reason for holding the enviable position it does" said Dr. Florence B. King, chief of the Food Utilization Division of the bureau.



"It is a good and satisfying food with a flavor that is midway between delicate and strong. The flavor is pronounced enough to permit of serving the potato without the addition of any outside flavoring, aside from seasoning, and yet it is not so decided as to cause anyone to dislike this inexpensive vegetable, all of which make potatoes valuable in the low cost dietary.

"From the standpoint of food value potatoes have much to offer-- vitamins, mineral salts, and energy giving materials. Their mineral salts supply the necessary alkaline substances in the diet to balance the acid-forming substances of meat, cereals, and eggs. And not the least of all, is the energy giving value potatoes possess."

Many persons designate the potato as the "Irish potato," which would seem to indicate its origin in the Emerald Isle. Quite to the contrary, the potato is native to the western plateau of South America. The invading Spaniards took the tuber back to Spain whence it gradually was introduced to the world, until now it is one of the vegetables most universally grown. Not until the last century and a half, however, has it been so important. Prejudice against a new food together with the first ways of cooking it retarded its adoption in the diet. Roast potatoes steeped in wine, baked with marrow and spices or sweet preserves limited its use for a long time.

One outstanding fact to the potato's credit, after it achieved its notable position in agriculture, is that with one exception it prevented the terrible periodic famines of former ages in Europe. In times of stress, particularly, the potato has come to lead in the diet. Since Ireland has used them so generously, the misnomer "Irish potatoes" might easily be explained by the Irish preference for them in plenty and in need. It is an old Irish custom to give a bowl of boiled potatoes to all who stop and ask for food-- much as a sandwich is offered here in the United States.





The name potato is also misapplied to other vegetables as in the case of the Canada potato, which is not a potato at all, but the Jerusalem artichoke, the tuber of a species of sunflower native to North America. Similarly a Chinese potato is a yam.

Germany is a great potato growing country, in fact the greatest of all, but oddly enough other foods are more readily associated with the Germans than are potatoes. This year the potato crop in the United States is estimated at 371,000,000 bushels, practically all of which will be used for food. Germany converts much of her crop into starch and alcohol.

One can not always tell a good potato by the outside appearance, Doctor King points out. One which shows a green skin will taste bitter when cooked, she says, for it has grown too close to the surface and has been sunburned. The wisest course for the homemaker is to choose medium-sized potatoes that feel firm when pressed in the hand. Dry, mealy potatoes are best for mashing and baking, and the more waxy varieties are most suitable for salad and creaming since they will hold their shape.

The bureau suggests many ways for serving potatoes in addition to the usual ones. Among these are soup; potatoes combined with meat or fish for one dish meals; as one vegetable in combinations that include tomatoes, cheese, onions, peppers; and in salads. Left over mash/<sup>ed</sup>potatoes are especially good in corn meal muffins, chocolate cake, and doughnuts.

Many potato recipes are included in the bureau's cook book, "Aunt Sammy's Radio Recipes Revised," which is available free of charge, on request to the Bureau of Home Economics, U. S. Department of Agriculture, Washington, D. C.





A FAMILY OF SEVEN  
including  
father, mother, and five children, should use each week:

Bread . . . . .	16 - 22 lbs.
Flour . . . . .	3 - 4 "
Cereal . . . . .	6 - 8 "
Whole fresh milk . . . . .	30 - 42 qts.
or	cans
Canned evaporated milk . . . . .	30 - 42 tall/
Potatoes . . . . .	20 - 30 lbs.
Dried beans, peas, peanut butter . . . . .	1 - 3 "
Tomatoes, fresh or canned, or citrus fruits . . . . .	9 "
Other vegetables ( including some of green or yellow color ) and inexpensive fruits . . . . .	20 - 25 "
Fats, such as lard, salt pork, bacon, margarine, butter, etc. . . . .	4 "
Sugar and molasses . . . . .	5 "
Lean meat, fish, cheese, eggs ( 8 eggs approximates 1 pound ) . . . . .	7 - 10 "
Eggs (for children). . . . .	8 eggs
Coffee . . . . .	1 lb.
Tea . . . . .	$\frac{1}{2}$ "

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#### MENU FOR ONE DAY

##### Breakfast

Stewed Fruit

Fried corn meal mush with molasses

Coffee (adults)      Milk (Children)

##### Dinner

Potato and Salmon Puff

Peas

Cold Slaw

##### Supper

Quick Turnip Soup

Graham Toast

Chocolate Rice Pudding

#### RECIPES

##### Potato and Salmon Puff

1 pound can salmon (2 cups)	3 eggs
2 tablespoons butter	1 teaspoon salt
2 tablespoons chopped celery	1 teaspoon minced onion
2 tablespoons chopped parsley	1 tablespoon lemon juice
2 cups seasoned mashed potatoes	Few drops tabasco sauce

Drain the fish, flake it with a fork, and remove all bones. Melt the fat and cook the celery and parsley in it for a few minutes. Then combine with the salmon, mashed potatoes, and seasonings, add the beaten egg yolks, and beat the mixture until very light. Fold in the well-beaten whites of eggs, pile lightly at once into a greased baking dish, and bake in a moderate oven (350° F.) for 1 hour, or until set in the center and lightly browned. Serve in the dish.

If salmon and potato puff is baked in ramekins or custard cups, it will be especially light and fluffy and attractive for serving as a luncheon dish.



### Quick Turnip Soup

1 quart milk	2 cups grated raw turnip
1 onion, cut in half	1 teaspoon salt
1 tablespoon flour	Chopped parsley
2 tablespoons melted butter	

Heat the milk in a double boiler with the onion, add the flour and fat, which have been well blended, then the turnip, and salt. Cook until the turnip is tender, or for about 10 minutes, and remove the onion. Sprinkle chopped parsley over the soup just before serving.

### Chocolate Rice Pudding

1/4 cup uncooked rice	1-1/2 squares unsweetened chocolate
3 cups milk	1/2 cup sugar
1/2 teaspoon salt	1 teaspoon vanilla

Wash the rice and soak it one-half hour in the milk. Add the salt, bring to boiling, and cook in a double boiler 30 minutes with occasional stirring. Remove from the double boiler, add the chocolate and sugar, and boil over a low flame for 10 minutes, stirring constantly. Remove from the heat and add vanilla.

### Potatoes au Gratin

1-1/2 cups milk	1/4 pound cheese, grated
2 tablespoons flour	4 cups cooked diced potatoes
2 tablespoons butter or other fat	1 cup buttered bread crumbs
1 teaspoon salt	

Prepare a sauce with the milk, flour, fat, and salt. Add the cheese, and stir until melted. In a shallow greased baking dish place the potatoes, pour the cheese sauce over them, and cover the top with the buttered bread crumbs. Bake in a moderate oven for 20 to 30 minutes, or until the crumbs are golden brown and the potatoes are thoroughly heated. Serve from the baking dish.

### Potato Soup

2 cups diced raw potato	4 tablespoons butter
1 quart boiling water	1 tablespoon flour
1 pint milk	1 teaspoon salt
1 onion	Pepper
2 tablespoons finely chopped parsley	

Cook the potato in the boiling water until soft, drain off and keep 1 pint of the potato water, and rice the potato. Heat the milk in a double boiler with the onion. Cook the parsley in the fat, add the flour, stir until well blended, combine with the milk and potato, and potato water, stir until smooth, cook for 2 or 3 minutes, and add the salt and pepper. Remove the onion before serving.

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U. S. DEPARTMENT OF AGRICULTURE  
OFFICE OF INFORMATION  
PRESS SERVICE



WASHINGTON, D. C.

RELEASE FOR PUBLICATION,  
OCTOBER 23, 1931, (FRIDAY)

THE MARKET BASKET

by  
the Bureau of Home Economics,  
U.S. Department of Agriculture, and  
the Woman's Division of the  
President's Emergency Committee for  
Employment

FAMILY FOOD GUIDE

:	:
: Every meal --	Milk for children, bread for all :
: Every day --	Cereal in porridge or pudding :
:	Potatoes :
:	Tomatoes (or oranges) for children :
:	A green or yellow vegetable :
:	A fruit or additional vegetable :
:	Milk for all :
: Two to four times a week --	:
:	Tomatoes for all :
:	Dried beans and peas or peanuts :
:	Eggs (especially for children) :
:	Lean meat, fish, or poultry, or cheese :
:	:

\* \* \* \* \*

Brides and also homemakers of long standing who have been struggling with the endless problem of planning meals for two will find some answers to their repeated query, "What shall we have for supper?", in the following suggestions by the Bureau of Home Economics, U. S. Department of Agriculture.

All perishable food should be purchased with definite plans in mind for



using it, the bureau's experts say. This is the most economical plan for buying, since many foods can be served for several meals in a variety of forms. When buying with the meals for several days in mind, the cooking should follow up the economy scheme and plan to save fuel and time. For instance, if potatoes are to be served two days in succession, enough should be cooked the first day, to be re-cooked the following day in some different form. The old standby, hash, is not frowned upon, but ways of serving left overs that are as attractive as the original dish are preferable.

The bureau has developed a variety of tested recipes for the homemakers of the country. Whether it is food for the main dish of the meal, vegetables, salads, or desserts, the bureau has many practical suggestions. Then, too, a continuous supply of recipes and menus from other sources suggests variations. So there is no reason for monotony in meal planning.

Eggs, for instance, need not always appear in the usual breakfast forms, but may be served at any meal. Their adaptability for small families makes them almost invaluable. Baked with cheese or tomatoes, curried, or served as Eggs Benedict they are as appetizing as they are nutritious. Eggs are a good source of efficient protein, and also supply some of the minerals and vitamins so necessary for building the body and keeping it healthy. The bureau points out that success in cooking eggs depends on cooking them slowly at moderate, even heat.

Families of two are well acquainted with ground beef and stewing meat but there are other cuts of beef which can be used to equal advantage. A pot roast can be served hot to begin with, then sliced cold, and finally made into croquettes which also utilize left over mashed potatoes. A beef heart is another wise and economical choice and kidney and liver offer





possibilities for variety for two persons or ten.

The breast and shoulder of lamb are small and are less expensive than the leg. When stuffed with a savory dressing, either will form the basis for an excellent company meal. Both these roasts slice well when cold and every bit of meat left over can be utilized cold, creamed, or in curries.

Fresh and cured pork, sausages, and scrapple are desirable for the small family. The shoulders belong in the low cost group and they are as adaptable to meal planning for two as the lamb shoulders. The bureau suggests pork chop suey to those who like Oriental food as a novel way of utilizing left over pork. Roast stuffed spareribs is another dish seldom served but offering a decidedly different flavor.

As for cured pork, its uses are legion. Families of two can serve a small shoulder hot in a variety of ways and need not dread having to eat it cold for days and days. It can be creamed, cooked with noodles, combined with potatoes, and made into different kinds of potato cakes or introduced into salads -- all dishes as appetizing as they are low in cost.

Smoked shoulder butts, known by various names in different sections of the country, are available in all markets. They are small, boneless, and when baked make a choice piece for the whole family.

Cheese is one of the most valuable and inexpensive foods for the small family. A comparatively small quantity can change the entire character of left-overs into a pleasing dish for lunch or dinner. Some easy-to-prepare combinations can be made by baking cheese with fish, vegetables, or spaghetti. Since cheese becomes rubbery in texture and is digested with less comfort when exposed to high temperatures, the bureau's method of using moderate oven heat and always having the top layer of bread crumbs is a wise one to follow.





Many kinds of fresh, canned, and salt fish are available in quantities small enough for two persons. Though all fish contain important minerals and ample protein, sea food also has iodine to recommend it to the diet.

The bureau will be glad to supply its general recipe book or any of its series of leaflets on cooking beef, lamb, pork, cured pork, rabbit, or reindeer, which contain numerous recipes suitable for small families. Requests may be sent direct to the Bureau of Home Economics, or to the Office of Information, U. S. Department of Agriculture, Washington, D. C.

A FAMILY OF TWO ADULTS  
should buy every week:

Bread . . . . .	9 - 12 lbs.
Flour . . . . .	1½ - 2 "
Cereal . . . . .	2 - 3 "
Whole fresh milk . . . . .	4 - 10 qts.
or	
Canned evaporated milk . . . . .	4 - 10 tall cans
Potatoes . . . . .	7 - 11 lbs.
Dried beans, peas, peanut butter . . . . .	½ - 1½ "
Tomatoes, fresh or canned, or citrus fruits . . . . .	3 - 4 "
Other vegetables (including some of green or yellow color) and inexpensive fruits . . . . .	9 - 14 "
Fats, such as lard, salt pork, bacon, margarin, butter, etc. . . . .	1½ "
Sugar and molasses . . . . .	2 - 3 "
Lean meat, fish, cheese, eggs . . . . .	2½ - 4 "
Eggs . . . . .	2 - 6 eggs
Coffee . . . . .	½ lb.
Tea . . . . .	1/8 "

\* \* \* \* \*

MENU FOR ONE DAY

Breakfast

Cooked cereal with Milk  
Toast - Coffee

Dinner

Ham with Noodles  
Turnip tops or other Greens  
Baked Apple  
Milk



Supper

Vegetable Soup  
Cottage Cheese Salad  
with  
Mixed sweet Relish  
Muffins  
Tea

\* \* \* \* \*

RECIPES

Ham with Noodles  
(Serves 2 persons)

1 tablespoon butter or other fat	1 cup ground cooked ham
1 tablespoon flour	Salt
1 cup milk	Pepper
1 cup cooked noodles	1/2 cup buttered bread crumbs

Make a white sauce of the fat, flour, and milk, and add about 1/8 teaspoon of salt, depending on the saltiness of the ham. Make alternate layers of noodles and ham in a shallow baking dish, pour on the white sauce, sprinkle buttered crumbs over the top, and bake about 15 minutes in a moderately hot oven (375°F.).

Curried Lamb  
(Serves 2 persons)

1 cup chopped cooked lean lamb	1 tablespoon butter or other fat
1/2 cup chopped celery and tops	Dash of curry
1/3 medium-sized onion, chopped	Dash of tabasco
1/4 cup brown gravy or broth	Salt

Cook the celery and onion in the butter. Add the meat, gravy, and seasonings. Stir until well mixed and hot. If too dry, add one-half cup of boiling water. Serve the curried lamb with a border of flaky boiled rice, garnished with parsley.

Codfish, Spaghetti, and Tomatoes  
(Serves 2 persons)

1/2 pound salt codfish, diced	1 tablespoon chopped parsley
1 cup spaghetti, broken in small pieces	1 tablespoon olive oil or other fat
1 pint canned tomatoes	Chopped olives
1 bay leaf	Salt if needed
1/2 onion, sliced	

Soak the codfish in cold water to cover for 2 hours or longer, until sufficient salt has been removed, and drain. Cook the spaghetti in boiling salted water until tender and drain. Simmer the tomatoes and codfish with the bay leaves for about 15 minutes and remove the bay leaves. Cook the onion and parsley in the olive oil for a few minutes, combine all the ingredients, and cook for a few minutes longer. Serve hot.





### Baked Eggs and Cheese

Break the desired number of eggs in a shallow, greased baking dish, add a few tablespoons of top milk and salt enough to season, and sprinkle with a mixture of grated cheese and fine dry bread crumbs. Set this dish in a pan containing hot water and bake in a moderate oven (350°F.) until the eggs are set and the crumbs are brown. Just before serving add a few dashes of paprika.

### Roast Stuffed Spareribs (Serves 5 persons)

2 sections of spareribs	$\frac{1}{4}$ cup chopped parsley
1 cup fine dry bread crumbs	5 tart apples, diced
$\frac{1}{4}$ cup diced salt pork	$\frac{1}{2}$ cup sugar
$\frac{1}{2}$ cup chopped celery	$\frac{3}{4}$ teaspoon salt
$\frac{1}{2}$ cup chopped onion	$\frac{1}{8}$ teaspoon pepper

Select well-fleshed rib sections that match. Have the breastbone cracked so that it will be easy to carve between the ribs. Wipe the meat with a damp cloth. Prepare the stuffing as follows: Fry the salt pork until crisp and remove the pieces from the skillet. Cook the celery, onion, and parsley in the fat for a few minutes and remove them. Put the apples into the skillet, sprinkle with the sugar, cover, and cook until tender, then remove the lid and continue to cook until the juice evaporates and the pieces of apple are candied. Mix with the apples the bread crumbs, crisp salt pork, cooked vegetables, salt, and pepper. Lay one section of the ribs out flat, sprinkle with salt and pepper, and spread with the hot stuffing. Cover with the other section and sew the two together. Sprinkle the outside with salt and pepper and rub with flour. Lay the stuffed ribs on a rack in an open roasting pan and sear in a hot oven (480°F.) for 20 minutes, or until the meat is lightly browned. Reduce the oven temperature rapidly to very moderate heat (300° to 325°) and continue to cook for about an hour longer, or until the meat is tender. Remove the strings before serving the stuffed spareribs on a hot platter.

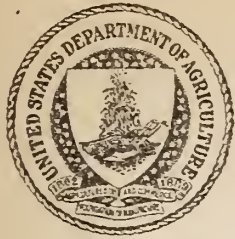
### Stuffed Beef Heart (Serves 5 persons)

1 beef heart	$\frac{1}{2}$ green pepper, chopped
2 tablespoons bacon fat or drippings	3 cups bread crumbs
1 small onion, chopped	$\frac{1}{2}$ teaspoon salt
	1 cup chopped celery

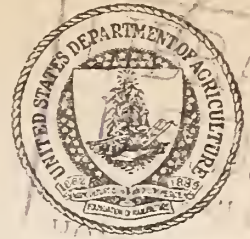
Wash the heart and remove the gristle and veins. Make a slit in the side and fill with stuffing made as follows: Melt the fat, cook the onion and green pepper for a few minutes, add the bread crumbs, salt, and celery, and stir until well mixed. Sprinkle the heart inside and out with salt and pepper, fill with the hot stuffing, and sew up the slit. Sear the heart in hot fat, place in a baking dish, add  $\frac{1}{2}$  cup of hot water, cover, and cook until tender in a very moderate oven (300°F.). This will require about 2 hours. Remove the heart and add flour to the drippings and enough water to make a thin gravy. Serve surrounded by the gravy.

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THE MARKET BASKET

by  
the Bureau of Home Economics,  
U.S. Department of Agriculture, and  
the Women's Division of the  
President's Emergency Committee for  
Employment

FAMILY FOOD GUIDE

:	:
: Every meal--Milk for children, bread for all.	:
: Every day---Cereal in porridge or pudding.	:
: Potatoes	:
: Tomatoes (or oranges) for children.	:
: A green or yellow vegetable.	:
: A fruit or additional vegetable.	:
: Milk for all.	:
: Two to four times a week--	:
: Tomatoes for all.	:
: Dried beans and peas or peanuts.	:
: Eggs (especially for children).	:
: Lean meat, fish or poultry, or cheese.	:

\* \* \* \* \*

What to have for dessert when the food allowance is closely budgeted is answered in part by the Bureau of Home Economics, U. S. Department of Agriculture, in its suggestion to serve that typical British dish, steamed suet pudding. Or, to repeat a recent suggestion, that great American standby, the apple, which is so abundant in many parts of the country and so cheap this year.

Like many other old fashioned dishes, steamed suet puddings are as simple as they are substantial. As the name indicates, suet is the shortening. This, in itself, tends to keep the price low. Flour, another inexpensive item, is an important





ingredient. Many combinations of fresh, dried, or cooked fruits may be used for flavoring puddings. Today's recipes call for raisins, apples, and dates. Ginger and lemon flavoring are introduced for two of the puddings.

So many variations are possible with puddings for dessert, the bureau's specialists in food preparation say, that they can be served frequently without fear of monotony. These puddings are sometimes steamed in a mold or rolled like a jelly roll and tied up in a cloth.

The pudding called "Black Cap" is well named because the raisins with which <sup>made</sup> it is/always settle to the bottom of the mold, for the mixture is too thin to suspend them. When the pudding is turned out, upside down for serving, the fruit is clearly visible clustered in a black cap around the top.

The bureau suggests serving a clear cornstarch sauce with each pudding. Ginger sauce is the only one for which a recipe is given, because the others may be adapted from it. For lemon sauce the vanilla and ginger should be omitted and one to two tablespoons of lemon juice, and some of the grated rind should be substituted. The vanilla sauce is made like the ginger sauce, without the ginger.

There are other low cost desserts, the bureau points out, which are quite as appropriate for cold-weather serving as the suet puddings. While not so novel to American homemakers as the puddings, there are a variety of dishes that can be made with apples. Among these are scalloped or baked apples, apple sauce, Brown Betty, and apple tapioca. Nor should raw apples be overlooked.

Dried fruits, especially prunes and apricots, are likewise inexpensive. Bread puddings, rice puddings, and simple cakes are all economical and filling. So also are gingerbread, and oatmeal and peanut butter cookies. Each of these cookie recipes cost very little to make and cookies are the more economical because it is practical to make up a quantity at one baking.

All of the recipes mentioned are in the bureau's cook book, "Aunt Sammy's Radio Recipes Revised," which may be had free of charge, upon request to the bureau or to the Office of Information, U. S. Department of Agriculture, Washington, D.C.





A FAMILY OF FIVE  
including

two adults and three children should buy every week:

Bread . . . . .	12 - 16 lbs.
Flour . . . . .	1 - 2 "
Cereal . . . . .	4 - 6 "
Whole fresh milk . . . . .	23 - 28 qts.
or	
Canned evaporated milk . . . . .	23 - 28 tall cans
Potatoes . . . . .	15 - 20 lbs.
Dried beans, peas, peanut butter . . . . .	1 - 2 "
Tomatoes, fresh or canned, or citrus fruits . . . . .	6 "
Other vegetables ( including some of green or yellow color) and inexpensive fruits . . . . .	15 - 18 "
Fats, such as lard, salt pork, bacon, margarin, butter, etc . .	2½ "
Sugar and molasses . . . . .	3 "
Lean meat, fish, cheese, and eggs . . . . .	5 - 7 "
Eggs (for children) . . . . .	8 eggs

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MENU FOR ONE DAY

Breakfast

Cooked cereal  
Coffee (adults)    Milk (children)

Dinner

Cream Finnan Haddie or Codfish  
Boiled Potatoes  
Cabbage and Apple Salad  
Suet Pudding with Lemon Sauce  
Tea

Supper

Baked Sweet Potatoes  
Stewed Tomatoes with Celery  
Milk for All  
Biscuits with Jam

\* \* \* \* \*

RECIPES

Black-Cap Pudding

2 cups flour	1 egg
4 teaspoons baking powder	1-1/2 cups milk
3/4 teaspoon salt	1 cup raisins (washed and dried)
1/4 cup sugar	1/2 teaspoon vanilla

Sift the flour, baking powder, salt, and sugar. Add the beaten egg and milk



gradually and stir until smooth. Add the raisins, then the vanilla. Pour into a well-greased mold, cover, and steam for 2 hours. Serve piping hot with a vanilla sauce.

### Ginger Pudding

2 cups flour	2 tablespoons sugar
4 teaspoons baking powder	1-1/4 cup chopped suet
1 teaspoon salt	4 tablespoons molasses
3 teaspoons ginger	3/4 cup milk
1/2 teaspoon cinnamon	

Sift the dry ingredients, then add the suet. Mix well, using the finger tips. Stir in the molasses and milk. Put the mixture into a well-greased mold, cover, and steam for 3 hours. Serve hot with a ginger sauce.

### Apple and Date Roly-Poly

3 medium-sized apples	3 teaspoons baking powder
1 cup stoned dates	1 cup chopped suet
2 cups flour	About 1/2 cup water
3/4 teaspoon salt	

Pare and core the apples, and chop with the dates. Sift together the flour, salt, and baking powder and rub in the chopped suet, using the finger tips. Add enough water to make a stiff dough and roll out to a sheet about 1/4 of an inch thick. Cover with the fruit, leaving an inch margin. Dampen the edges and roll like a jelly-roll. Sew up the pudding in a cheese cloth bag, allowing room for swelling. Steam 2 hours. Serve hot with a lemon sauce.

### Lemon Pudding

1 cup flour	1-1/4 cups chopped suet
1/2 cup sugar	1 egg
1-1/2 teaspoons baking powder	3/4 cup milk
1/2 teaspoon salt	2 tablespoons lemon juice
3 cups fine dry bread crumbs	Grated rind of 2 lemons

Sift the dry ingredients. Add the bread crumbs and chopped suet, and mix thoroughly, using the finger tips. Stir in the beaten egg and milk, add the lemon juice and rind. Put the mixture into a well greased mold, cover, and steam for 3 hours. Serve hot with clear lemon sauce.

### Ginger Sauce

2 tablespoons cornstarch	2 cups water
1/2 cup sugar	1 teaspoon vanilla
1/2 teaspoon salt	1 tablespoon butter
1/8 teaspoon ginger	

Mix the cornstarch, sugar, salt, and ginger thoroughly. Add the water and cook over direct heat until thickened. Cover and continue the cooking over hot water for 15 to 20 minutes. Stir in the vanilla and butter. Serve hot.

For Lemon Sauce -- Leave out vanilla and ginger. Add 1 or 2 tablespoons lemon juice and some of the grated rind.

For Vanilla Sauce -- Follow recipe for ginger sauce, leaving out the ginger.

